

5 Signs Your Loved One in Spirit Is Trying to Reach You

Grief does something strange to you.

It makes you hyperaware of everything. Every song that comes on at the wrong moment. Every time their name shows up somewhere random. You start noticing things you would have walked past before and you don't know whether to trust what you're noticing or chalk it all up to a brain that's desperate to find them somewhere.

That second-guessing is the hardest part.

Because some of what you're experiencing isn't grief playing tricks on you. Some of it is actually them.



1. You smell something and there's no explanation for it

Not a vague scent. Their scent. The exact one.

Their perfume in a room nobody's been in. The smell of their cooking in your kitchen on a random afternoon when you haven't made that dish in years. The cigarette smell of their coat that you donated months ago.

It arrives fully and then it's gone. There's a recognition that happens before the thinking starts.

That's the part worth paying attention to.

2. Objects turn up where they shouldn't be

A coin in the middle of the floor of a room you hoovered that morning. A feather on a windowsill you wiped down yesterday. A photograph in a drawer you have opened a dozen times since they passed and somehow never seen until today.

[Sanskriti Sethi](#) talks about this specifically in her spirit communication work. Physical objects are one of the most common ways those in spirit signal their presence because they're undeniable. A feeling can be dismissed. Something sitting on your kitchen counter cannot.

The ones that tend to mean something don't just appear randomly. They appear at the exact moment you're struggling. The morning after a really hard night. The anniversary. The day you finally did something you were putting off because you were scared. They show up when you need to know someone is still watching.

3. You dream of them but it feels nothing like a normal dream

Normal grief dreams are messy. Fragmented. Sometimes upsetting. The person might be sick again or back but something is wrong or the whole thing has that blurry half-logic that dreams usually have.

This is different and you know it the second you wake up.

Everything is clear. They look like themselves, healthy, calm, like the version of them that existed before anything went wrong. They might not say much. But what they do say stays with you, word for word, days and weeks later.

You wake up and your first thought isn't "I had a dream about them." It's something closer to "I just saw them."

Regular dreams dissolve by mid-morning. These ones don't. That's not nothing.

4. Lights flicker, songs play, things glitch

One time is easy to dismiss. A power surge, a glitch, a coincidence.

But when the lamp flickers the moment you say their name out loud. When your phone plays the specific song you danced to at their wedding with zero explanation for how it started. When the television switches on by itself at the exact time they used to watch their programme every evening without fail.

And you noticed. That's the point.

5. You feel them in the room with you

This is the one people never say out loud because it sounds the least believable.

You're doing something completely ordinary. Making tea, folding laundry, sitting on the edge of your bed in the dark. And then something shifts. The room feels different. Not frightening, not heavy, just inhabited in a way it wasn't a second ago. Like someone just walked in quietly and sat down beside you.

Sometimes there's warmth with it. Sometimes it's just a settling. A sense of not being alone that's specific enough that you stop what you're doing.

Your mind will tell you that you're just missing them and projecting. And maybe sometimes that's true. But if you sit honestly with it, you already know the difference between the ache of missing someone and the actual felt sense of their presence. They don't feel the same in your body.

But you are paying attention. You have been this whole time.

That's probably why they keep trying.